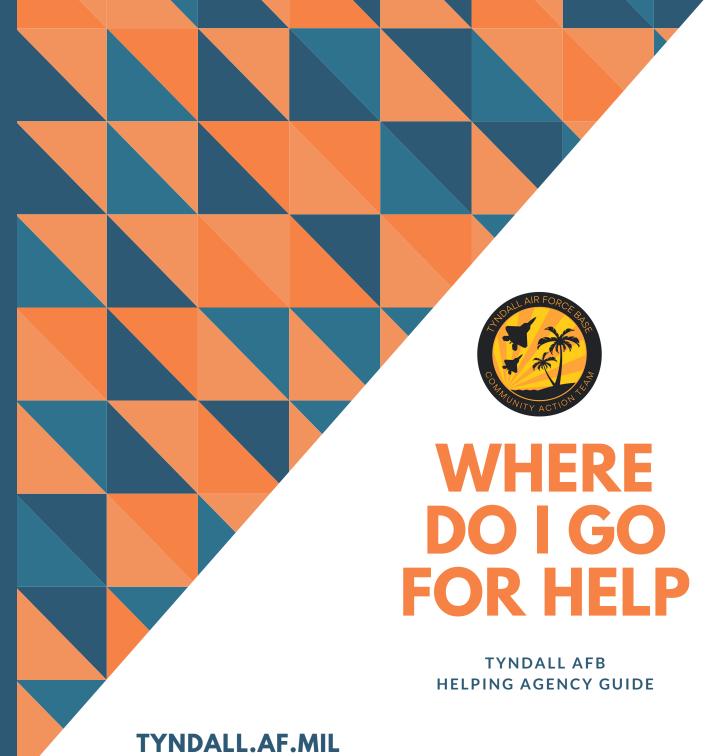
Comprehensive Airmen Fitness is an Air Force-wide initiative on improving Airman readiness by solidifying the four domains of CAF: Mental, Physical, Social, and Spiritual. Your Tyndall CAT agencies work together to provide services to ensure the health and well-being for Tyndall Airman and their families.

Mental: Approaching life's challenges in a positive way by demonstrating self-control, stamina and good character with choices and actions; seeking help and offering help.

Physical: Performing and excelling in physical activities that require aerobic fitness, endurance, strength, flexibility and body composition derived through exercise, nutrition and training.

Social: Developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views and experiences.

Spiritual: Strengthening a set of beliefs, principles or values that sustain an individual's sense of well-being and purpose.





The Tyndall Community Action Team is comprised of the HELPING AGENCIES on base which are dedicated to taking care of the physical, spiritual, social and mental needs of Team Tyndall.

off base resources

ADAPT

850-283-7511

AIRMAN AND FAMILY READINESS

850-283-2400

BEHAVIORAL HEALTH
OPTIMIZATION PROGRAM

850-283-8573

DRUG DEMAND

850-283-7511

DOMESTIC ABUSE VICTIM ADVOCATE

850-290-7073

EFMP- FAMILY SUPPORT

850-283-2400

EFMP- MEDICAL

850-283-7656

EQUAL OPPORTUNITY

850-283-4319

FAMILY ADVOCACY

850-283-7511

HEALTH PROMOTION

850-283-7100

MENTAL HEALTH

850-283-7511

MILITARY FAMILY LIFE COUNSELOR

850-461-5989

NEW PARENT SUPPORT PROGRAM

850-283-7511

RELIGIOUS AFFAIRS

850-283-3397

SCHOOL LIASON OFFICER

850-283-2220/2201

SEXUAL ASSAULT RESPONSE

850-625-1231

SPECIAL VICTIMS' COUNSEL

850-283-9588

MILITARY ONE SOURCE

(800) 342-9647

DOD SAFE HELPLINE (SEXUAL ASSAULT)

(877) 995-5247

NATIONAL SUICIDE HOTLINE

(800) 784-2433